

Watertown Tobacco Free Coalition:

The mission of the Watertown Tobacco-Free Coalition is to create a heightened sense of awareness and urgency surrounding tobacco use and abuse issues; while enabling the community to utilize existing and develop new resources to promote healthy lifestyles.

The Dangers of Secondhand Smoke:

Secondhand smoke (SHS) is the smoke that is inhaled from other people's tobacco smoke from cigarettes, pipes, or cigars. There are two kind of SHS that a person can breathe in:

- ◆ **Mainstream Smoke**
The smoke inhaled by a smoker
- ◆ **Sidestream Smoke**
The smoke from the burning tip of a cigarette
- ◆ Other common names for secondhand smoke include **environmental tobacco smoke (ETS)** and **passive smoke**.

Secondhand smoke contains over 4,000 chemicals. Of these chemicals, 200 are poisons and 43 are carcinogens. These carcinogens are known to cause cancer in humans and animals and many are strong irritants.

Did you know?

- ◆ Four out of five restaurant patrons are non-smokers.
- ◆ Studies have shown no loss in sales in restaurants that have become smoke-free.
- ◆ Food service workers in restaurants have 50% greater risk of developing lung cancer due to second hand smoke.
- ◆ Offering a smoke-free environment can reduce cleaning costs and property damage.

A few of the numerous health effects of secondhand smoke on children include:

- ◆ Asthma
- ◆ Bronchitis and pneumonia
- ◆ Ear infections
- ◆ Lower respiratory tract infections
- ◆ Cancers and leukemia
- ◆ Sudden Infant Death Syndrome
- ◆ Adverse impact on learning and behavioral development

Some people argue that non-smoking areas with proper ventilation will take care of the problem of SHS. The fact remains that there is no safe level of exposure. No ventilation system can eliminate health risks due to secondhand smoke. Science shows that the only solution to address the health risk of SHS is smoke-free air.

A mother that smokes during or after her pregnancy can irreversibly impact her child's growth and development.

Some of the well known ingredients of cigarette smoke include:

- ◆ Formaldehyde (embalming fluid)
- ◆ Cyanide (gas chambers)
- ◆ Arsenic (found in rat poison)
- ◆ Carbon Monoxide (car exhaust)
- ◆ Methanol (rocket fuel)
- ◆ Benzene (gasoline additive)

The Environmental Protection Agency classifies secondhand smoke as a Group A carcinogen, which means it is a known cause of lung cancer in humans. Group A carcinogens are the most dangerous cancer-causing agents and there is no safe level of exposure to secondhand smoke.

Resources:

SD Department of Health QUITLINE
1-866-SD QUILTS (1-866-737-8487)

**Work-Live-Play Tobacco Free
in South Dakota**

www.healthysd.gov/TobaccoFree.html

~Work~
~Live~
~Play~

Tobacco Free

Enjoy these
tobacco-free
options for you
& your family.



Eating Establishments:

Arby's

1220 9th Ave SE

Burger King

1211 9th Ave SE

Clifford's Steak and Ale

206 E Kemp Ave

Cowboy Charlie's Chicken

1400 4th St NE

Culver's

901 26th St SE

Dagwood's Subs & More

180 4th St NE

Dairy Queen - 2 Locations

722 W Kemp Ave & 212 9th Ave SE #115

Domino's Pizza

912 5th St SE

Guadalajara

1500 9th Ave SE

IHOP

3313 9th Ave SE

Jimmy John's Gourmet Sandwiches

937 29th St SE

KFC/Long John Silvers

8 5th St NE

The Lone Arranger

104 Dakota Ave—Kranzburg

Maple Street Diner

100 S Maple

McDonald's - 2 Locations

407 9th Ave SE & 820 35th Circle SE

Minervas

1901 9th Ave SW

Past Times Coffeehouse and Deli

16 W Kemp Ave

Perkins Family Restaurant

600 9th Ave SE

Pizza Hut

817 9th Ave SE

Pizza Ranch

217 10th St NW

Pond's Oven Gold Bakery

113 E Kemp Ave

Quizno's Subs

1517 9th Ave SE

Riverside

700 W Kemp

Roadhouse Café

1007 9th Ave SE

Second Street Station

15 2nd St SW

Senor Max's

1300 9th Ave SE

Subway- 4 Locations

505 Arrow Ave NE & 3800 9th Ave SE

600 9th St SE & 1201 19th St SE

Starbuck's Coffee

903 29th St SE

Stockman's Café

825 10th St NW

Taco John's

24 9th Ave SE

Wheel Inn

404 10th St NW

Other Locations:

Anza Soccer Complex

1620 17th St SE

Codington Co. Heritage Museum

27 1st Ave SE

County Fair Banquet Hall

10 2nd St NE

Family Aquatic Center

US Hwy 212 & 3rd St SW

Foundation Fields

Baseball Complex

1800 3rd Ave NW

George E. Maas Ice Arena

112 21st St SW

Goss Opera House & Gallery

Goss Gallery, Opera House, Charlie's Restaurant,

Common Ground Coffee & Internet Lounge

100 E Kemp Ave

Kid Zone

202 9th Ave SE

Kiddi Pond/Disc Golf Course

10th Ave 7th St. NW

Redlin Art Center

1200 Mickelson Dr

Skate Park

7th Ave NE by the Middle School

Tommy's Lanes

16 S Maple

Watertown Cinema 5

1111 14th St SE

Watertown Community

Recreation Center

200 9th St NE

Watertown Event Center

1901 9th Ave SW

Watertown Parks & Recreation

Belmont—3rd Ave & 9th St NE

Diamondball—4th Ave & 6th St SE

Foundation Field—1800 3rd Ave NW

Harper—Sunrise Dr & 6th Ave NE

Highland—N. Broadway & Highland Blvd

Lincoln—11th Ave & 16th St NE

McKinley—Kemp Ave & Kampeska Blvd

Morningside Park—1st Ave & 13th St SE

4th Ave. Ballfield—Kampeska Blvd & 4th Ave SW

Watertown Regional Library

611 B Ave NE

Watertown School District

Buildngs/Grounds/Stadium/Allen Mitchell Field

Motels:

Travel Host Motel

1714 9th Ave SW

Holiday Inn Express Hotel & Suites

3901 9th AVE SE